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Vancouver metro



Your essential daily news | WEDNESDAY, APRIL 22, 2015 High 13°C/Low 8°C Cloudy



GETTING ZIPPY

ANNIVERSARY

Zipline pitched for Queen Elizabeth Park

The views at Queen Elizabeth Park are about to get more thrilling.

Vancouver's park board has proposed a temporary zipline through the park — at 152 metres above sea level it's the highest point in the city — to celebrate the park's 75th anniversary this summer.

The spine-tingling ride would cost \$15 to \$20 a person, start from a temporary tower to the southwest of the Bloedel Conservatory and travel 190 metres downhill, according to a report to be presented at Monday's park board meeting.

Park board chairman John Coupar said the idea is to create buzz around the park's anniversary, much like the "super popular" zipline at Robson Square during the 2010 Olympics.

"We're going to have some fun up there," Coupar said.

Local company Greenheart International approached the park board with the idea and will

pay for the entire project, Coupar said. No power is required for the zipline, which apparently would generate so little sound it would not be heard more than six metres away.

The park board will get a percentage of the company's revenue depending on how many people use the zipline. It will get nothing if Greenheart makes less than \$75,000, 10 per cent if it makes \$75,001 to \$250,000, 35 per cent if it makes \$250,001 to \$400,000 and 40 per cent if it makes more than \$400,001.

For those opposed to commercial activities in the city's parks, Coupar said budget pressures make it necessary to look at ways to generate revenue to keep the parks up to snuff.

"I'm sure there will be some people that are opposed to it and some people very supportive," Coupar said. "This is a temporary install for a particular celebration of an event. We'll see how it goes."

While the board still needs to approve the project — the public is invited to speak at Monday's meeting — it is likely it will pass since Coupar's party, the Non-Partisan Association, holds the majority. EMILY JACKSON/METRO



CANUCKS FEELING THE BURN

Calgary goalie Jonas Hiller stops a shot off Ronalds Kenins as he battles with David Schlemko in Game 4 of their quarter-final series on Tuesday. The Flames won 3-1. **See metrosports**



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5:15 Music – VCC guitar instructor, Daryl Jahnke performs live and discusses how to make the music you want to hear.

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VCC.CA/INFO NIGHT





Event invites people to get happy

EXHIBITION

Experts seek to answer often asked question



Thandi Fletcher
Metro | Vancouver

What is the secret to happiness?

Graphic designer Stefan Sagmeister attempts to answer the age-old question in The Happy Show, his massive multimedia pop exhibition on display at the Museum of Vancouver starting Thursday.

"Ultimately, I think the secret is to stop worrying about my own happiness and worry about the happiness of others," the New York-based Austrian-born designer told Metro in an interview following a guided tour of the exhibition Tuesday.

"And it's not just me saying that," Sagmeister added. "There's very good science behind it that shows that people



Graphic designer Stefan Sagmeister pedals a stationary bike that powers a wall of neon, one of the interactive installations that make up The Happy Show exhibition on display at the Museum of Vancouver. THANDI FLETCHER/METRO

who help other people do much better than the people who are being helped."

Made up of infographics, video projections and interactive installations, including

a giant inflatable monkey, a stationary bike that powers a wall of neon and a massive gum-ball machine that gauges visitors' level of happiness, The Happy Show is the product of

Sagmeister's attempt to define and control his own happiness.

A two-time Grammy Award winner for his work designing album covers for the Talking Heads, David Byrne and Brian

“Ultimately, I think the secret is to stop worrying about my own happiness and worry about the happiness of others.”

Stefan Sagmeister

Eno, Sagmeister was on his regular client-free sabbatical — a break he takes every seven years to creatively recharge — when he created the exhibition and a soon-to-be-released documentary.

At the time, Sagmeister, who has documented his struggles with alcohol and drugs, weight gain and depression, said he was at an emotional low point in his life dealing with the death of his mom and the end of an 11-year relationship.

"It was sort of ironic that just as I started to work on this happiness subject, my own life was actually going down," he said.

But working on the exhibition and seeing the physical results of his work was deeply rewarding and helped him find happiness again.

The exhibition comes at a

time when the wellbeing of Vancouverites is top of mind. On Monday, a StatsCan report ranked Vancouver as the unhappiest place in Canada. In 2011, the Vancouver Foundation reported that Metro Vancouver residents have growing concerns about loneliness and social isolation.

On Tuesday, international researchers and city leaders gathered at a happiness symposium in Vancouver to discuss ways of building happier communities.

Sagmeister said he hopes the exhibition inspires visitors to find a pursuit that brings meaning to their lives.

"I don't think the show will make anybody happier," he said.

"But I hope that people can relate."

COMMUNITY

Dragør holds secrets to happiness, symposium hears

Making Vancouver a happier city could be as simple as building more community gardens, eliminating fees for community centres and taking seniors on bike rides.

Those are three steps recently carried out in Dragør, a suburb of Copenhagen, that have

successfully boosted a sense of community and improved residents' overall happiness, according to Meik Wiking, CEO of the Happiness Research Institute in Denmark. The country has regularly been ranked as the world's happiest on the United Nations' World Happi-

ness Report.

"All these initiatives are actually very simple, they're low-tech and they're cost-efficient," he told a crowded room at Vancouver's happiness symposium on Tuesday. The event brought together municipal planners, policy makers, researchers and

community members to discuss ways to foster happiness in cities.

In Dragør, city officials eliminated fees at the local community centre to allow low-income groups to use the facility and introduced a "duet bicycle" program that allows youth volun-

teers to take seniors on bike tours of the city. One of the most effective ways of boosting happiness was creating more community gardens, which Wiking said helps improve happiness when loneliness is at its peak.

During spring and summer, Wiking said people are more

likely to gather outside, "playing volleyball down at the beach" and "hanging out with friends."

"Those are the times of year when lonely people feel loneliness the hardest because they can see the rest of the community flourishing," he said.

THANDI FLETCHER/METRO

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NEW TRANSIT FUND

Mayor 'pleased' with federal budget

New transit funding in the federal budget means the only obstacle left to better transit in Metro Vancouver is a "Yes" vote in the transit plebiscite, Mayor Gregor Robertson said Tuesday.

The budget, which promises \$750 million over 2017 and 2018, then \$1 billion per year thereafter, should be able to cover one third of the mayors' council's ambitious \$7.5-billion, 10-year plan, Robertson said.

"I'm pleased to see a permanent public transit fund being established with enough dollars to generate the federal share of our Metro Vancouver transit plan," he said. "Now we just need a 'Yes' vote to secure the local dollars."

The province has also promised to pony up one third of the cash for the plan, which includes

two light-rail transit lines in Surrey, a Broadway subway in Vancouver, a new Pattullo Bridge and increases in bus service.

The federal funding is contingent on forming public-private partnerships to build massive projects. That's no surprise to the mayors considering that's how the Canada Line was funded.

The federal funding has been "a long time coming," Robertson said, but unless people vote "Yes" for their plan, it means no progress on transit in the region. "That would be brutal," he said.

Robertson said he is optimistic the mayors can convince people to side with them before the polls close on May 29.

EMILY JACKSON/METRO
WITH FILES FROM THE CANADIAN PRESS

BURNABY

Public warning after homicide, assault

Burnaby RCMP have issued a public warning after a recent homicide and random assault took place in the same vicinity.

Elmer Libertino, 33, was found dead on Moscrop Street, near Smith Avenue, in the early morning hours of April 16.

Few details about this death have been released, but police are investigating it as a homicide.

Libertino had no criminal record or connections, according to police.

Just three days later, police say a woman was walking home in the 4800 block of Smith Avenue at 1:40 a.m. when she was approached by a stranger and

knocked to the ground.

The suspect, described as a five-foot-11, light-skinned man with short dark hair wearing a black coat and pants, only fled the area after the victim screamed to draw attention to herself.

Police aren't sure whether there's any link between Libertino's homicide and the random assault on April 19, but the fact both incidents happened in the same area was enough for RCMP to issue a warning.

"Please be vigilant and report any suspicious activity to police," said Staff Sgt. Major John Buis in a statement. MATT KIELTYKA/METRO

IN BRIEF

Firefighters battle blaze at Chinatown restaurant

More than 60 Vancouver firefighters battled a three-alarm blaze at a restaurant in Chinatown on Tuesday afternoon.

Crews responded to reports of a fire on the roof at Daisy Garden Restaurant at 142 East Pender St. shortly after noon, but more personnel were needed on scene as the nature of the fire escalated.

The roof partially collapsed, forcing firefighters to take defensive instead of offensive tactics. No injuries have been reported in the incident.

An investigation was to begin once the fire was extinguished.

EMILY JACKSON/METRO

Abbotsford man targeted in immigration scam: Police

Abbotsford police say a man was recently scammed out of \$2,000 after being threatened with deportation.

The incident happened in the early afternoon of April 20, when the victim received a call from a number that appeared to be associated with Citizenship and Immigration Canada.

The caller, speaking both English and Punjabi, told the man that he had to pay \$4,280 within seven hours or he would face deportation.

Thinking the threat was real, the man — following the caller's order — purchased some pre-loaded credit cards and handed over the credit card information to the fraudster. MATT KIELTYKA/METRO



The skate spot at Mount Pleasant Park is described as "entry-level" on the city's website. JEFF COLE/VANCOUVER SKATEBOARD COALITION

Skateboard park may face chopping block

MOUNT PLEASANT

Park board recommends building new park elsewhere



Emily Jackson
Metro | Vancouver

Vancouver's park board will consider demolishing the skateboarding spot at Mount Pleasant Park to appease neighbours who complain noisy adults use the beginner facility at all hours.

The city spent more than

\$200,000 to build the busy entry-level skate spot only three years ago, but the park board now recommends renovating it to make it easier or demolishing it to make way for grass or another amenity, according to a report going before the board on Monday.

Renovations will cost \$25,000 and a demolition at least \$40,000, according to the report.

The park board simultaneously recommends building a new, \$200,000 intermediate level skateboarding facility at Jonathan Rogers Park at West 7th Avenue and Manitoba Street, a light industrial zone a few blocks away, in an attempt to lure the



We see no silver lining in the recommendations.

Jeff Cole

tattooed twentysomethings away from the residential park.

The recommendations shocked Vancouver Skateboard Coalition president Jeff Cole, whose organization was not consulted about the changes.

"We see no silver lining in the recommendations to tear apart and destroy one of the most popular skateboard parks in the

whole of Vancouver," Cole said.

Cole wants to work with the park board to develop a solution such as a sound berm, but questioned whether the Non-Partisan Association would listen, due to the political affiliations of neighbours near the park.

But park board chairman John Coupar insists the changes aren't politically motivated.

"We're looking to build a better facility in an area where it won't be of concern to neighbours," Coupar said Tuesday.

Coupar said he is not against skateboarding, but the skate spot at 16th Avenue and Ontario Street has been "really problematic ever since it was first built."

VANCOUVER ISLAND

Search continues for missing woman

Fifty Vancouver Island RCMP officers were involved in a massive search for a missing woman on Tuesday.

Julia Strobach was last seen in Courtenay, B.C. during the early evening hours of Oct 31, 2013.

In the 17 months since Strobach's disappearance, Island District RCMP say their attempts to find the young mother, who was 27 years old when she was last seen, has been their highest priority.

Investigators have spoken to dozens of people from across



Julia Strobach
COURTESY COMOX VALLEY RCMP

the province, conducted ground searches and remained in regular contact with Strobach's family, according to a statement released

by police on Tuesday.

New information sparked an extensive search of two Comox Valley locations on Tuesday.

RCMP say 50 officers conducted meticulous searches of green spaces in the 4600 block of Headquarters Road and the 1000 block of Ryan Road in Courtenay.

Investigators would not say what specific information caused them to focus on those locations, or what exactly they were looking for.

However, Mounties renewed their plea for help.

"Julia's family, friends, and particularly her three-year-old son, deserve answers about what has happened to Julia," said Insp. Tim Walton, officer in charge of Comox Valley RCMP, in the statement. "Despite the best efforts of our investigators over the past 17 months, we have been unable to bring them solid information."

Anyone with information about Strobach's activities in the days and weeks leading up to Oct. 31, 2013, are asked to contact RCMP immediately.

MATT KIELTYKA/METRO



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The real meaning of poverty

CHALLENGE DAY 2

Metro reporter reflects on what the poor endure day in, day out



Gilbert Ngabo
Metro | Toronto

As I was fixing myself a quick dinner the other night, deep thoughts about poverty started flowing through my mind.

Not the kind of poverty I'm experiencing with the Live Below the Line challenge, but real poverty — the kind that does more than just affect the food you buy and how much of it you eat.

While pulling ingredients from my refrigerator, it suddenly occurred to me that many of the 1.2 billion people living in extreme poverty don't even have the luxury of a cool, safe place to store the groceries they can afford.

There's warm water available in my kitchen sink, which allows me to wash the food I'm about to eat.

There's electricity that powers my kitchen light and stove, both of which are switched on as I chop a tomato and onions to make mushroom soup that I will mix with beans and puree. It also means I can use a microwave to warm up my pita bread.

But somewhere in a sub-Saharan African village — where most of the people living on the poverty line are located, according to various World Bank reports on poverty — a mother trying to put food on the table for her kids doesn't have the same comfort.

She may have spent an entire day working the fields of the rich to earn money that allows her kids to attend school. Whatever is left of that money, she'll likely use to buy a meager portion of food. When it's time to cook dinner, she'll first have to find firewood, which can be

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just \$1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 2 of 5, Gilbert Ngabo contemplates what it really means to be poor.

Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

a difficult chore.

If, by any chance, some food is left over after dinner, she won't have a place to keep it. By the next morning, it will be inedible.

While that may be a picture from miles away, poverty isn't any different here.

Halfway through my dinner, I remembered a man I once met in downtown Toronto.

It was around Christmas-time, and I was helping a friend deliver food that served as gifts to homeless people living on the street.

The man unwrapped his hand from a blanket to receive his package as I wished him a Merry Christmas.

Looking me straight in the eyes, he thanked me and quickly asked where I was from (he must have detected my thick accent). He then told me he'd heard a lot of bad things about my home country and said he hoped things were better. I told him they were and asked him how he knew what he's just recounted.

"I read newspapers, the free ones," he said.

I hope that man has found



Reporter Gilbert Ngabo eats a lunch of cheese cubes and leftover soup, in the Metro News kitchen. LIZ BEDDALL/METRO

a better life. And, if he's still reading, I want him to know that remembering the encounter brought tears to my eyes as I was finishing my dinner.

As one reader emailed to point out, I'm not truly "living below the line" while on this challenge. I'm just "eating" on the line, and it's nowhere close to what many face day in and day out.

But the experience makes my heart pound for the poor in a way it never did before.

GROCERIES

Convenience at a premium

Convenience is costly. The same cheese from different food stores, one in a more convenient area, cost about three times more.

1 The Havarti cheese Gilbert bought at a downtown Toronto No Frills cost less than \$2.

2 The same cheese cost \$5.49 at the Kitchen Table across from the Metro News office, where Gilbert works.



150



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\$750M

\$750 million over two years, starting in 2017-18, plus \$1 billion a year thereafter, has been committed to a fund to promote investment in public transit systems.

\$10K

The annual contribution limit to tax-free savings accounts increases to \$10,000 from \$5,500.

\$11.8M

The Canadian military will receive \$11.8 billion over 10 years, in an increase to the baseline defence appropriation, beginning in the 2017-18 fiscal year.

\$292.6M

The RCMP and Canada's spy and border agencies get a total \$292.6-million over five years, providing additional resources for each agency to fight terrorism.

Budget boasts \$1.4B surplus

POLITICS

Feds take \$2B from rainy-day fund to help balance books

The Harper government lived up to its promise Tuesday to eliminate the deficit, making use of billions of dollars in balance-sheet tweaks designed to cushion the blow of the oil-price shock.

Finance Minister Joe Oliver delivered a federal budget that boasted a narrow \$1.4-billion surplus for 2015-16, scoring a politically critical goal just six months before a scheduled election in October.

The toughest stretch of Oliver's quest to guide the books back into the black began in November, around the time he rolled out a fiscal update that projected a meagre \$1.9-billion surplus — slimmed down due to sliding crude prices. The surplus estimate shrunk to \$1.6 billion days later following an infrastructure announcement.

That was right before oil prices fell off the cliff.

The collapse forced Oliver



Finance Minister Joe Oliver delivers the federal budget Tuesday in the House of Commons. Oliver faced questions about his decision to reduce the emergency reserve, designed for unforeseen events, such as natural disasters. ADRIAN WYLD/THE CANADIAN PRESS

to postpone the budget so he could assess the impact of the oil-price volatility.

To arrive at a surplus Tuesday, Oliver had to take the unusual step of draining \$2 billion out of the budget's \$3-billion rainy-day reserve, a cushion designed for unforeseeable events like

natural disasters.

That adjustment was combined with several additional changes since oil started its swing from \$81US a barrel in November, to under \$50US mid-winter, before climbing back up to about \$55US.

Since November, another \$1

billion was applied to the bottom line from the sale of the government's remaining stake in General Motors, which generated a total net gain of \$2.1 billion.

The budget also projected an additional \$900-million net increase in revenue for 2015-16

based on changes the government hopes to make to public-sector disability and sick leave plans — even though negotiations are still ongoing.

The finance minister said this element was "in accordance with federal accounting principles."

Oliver's blueprint also predicted an extra \$3 billion, thanks to lower interest rates.

On top of that, the government received a \$3.4-billion boost thanks to a surplus in the employment insurance account created by the buildup of premiums.

But Oliver faced the most questions about his decision to reduce the contingency reserve. He argued such a big reserve was not needed because the government had balanced the books.

The budget projected revenues to drop by \$6 billion in 2015-16, \$7.1 billion in 2016-17 and about \$6.5 billion annually between 2017-18 and 2019-20.

NDP Leader Tom Mulcair said the government's use of the contingency reserve to balance the budget was "a bit of economic sleight of hand."

THE CANADIAN PRESS

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Smuggler said to ram ship

MIGRANT CRISIS

At least 800 perished: Witnesses

A ship with experience plucking migrants from unseaworthy smugglers' boats had arrived soon after the distress call went out. But then the fishing trawler's navigator allegedly made a manoeuvre that would seal the fate of the 850 people crammed inside: Instead of easing up alongside the merchant ship, he is alleged to have rammed it.

Relief gave way to panic. Terrified migrants rushed to one side, the trawler seized and capsized. What might have been another rescue in a period of unprecedented migrant crossings instead turned into a horrifying statistic: The deadliest shipwreck ever in the Mediterranean Sea.

The accounts of survivors who arrived early Tuesday in the port of Catania, Sicily 48 hours after the disaster offered new details of the tragedy. The traumatized wit-



Rescuers help children to disembark Monday in the Sicilian harbour of Pozzallo, Italy. About 100 migrants, including 28 children, were rescued on Sunday by a merchant vessel in the Sicilian Strait while they were trying to cross. ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

nesses corroborated a death toll of at least 800, making the capsizing "the deadliest incident in the Mediterranean that we have ever recorded," the UN refugee agency said.

Just 28 migrants, all men and boys in their teens, sur-

vived. And despite the enormous toll, only 24 bodies were recovered.

Among the survivors were two alleged smugglers, who were detained for investigation of aiding and abetting illegal immigration. The Tu-

nisian navigator, identified as 27-year-old Mohammed Ali Malek, could also face multiple counts of manslaughter and causing a shipwreck.

Aid agencies were quick to issue another warning: At the current pace, 2015 is set

+ DEATH TOLL

The International Organization for Migration said the toll for the year could top 30,000 — nearly 10 times the 2014 total of 3,279, itself a record.

Italian ships have rescued well over 10,000 people over the past two weeks, an unprecedented number for such a short period, authorities say.

The rescues continued Tuesday, with another 112 migrants, all men, picked up in a deflating rubber life raft in waters some 70 kilometres north of the Libyan capital, Tripoli.

THE ASSOCIATED PRESS

CANADA

Chance at freedom worth risk: Migrant

A young Sri Lankan man crammed into the cargo hold of a ship with nearly 500 others had only one thing on his mind — getting to the promised land called Canada.

Nearly five years after the vessel arrived in British Columbia, the refugee claimant says he understands the plight of hundreds of migrants who have died in the Mediterranean Sea since April 13.

The man, whose identity is protected by a publication ban, says he paid a smuggler in Thailand to board a ship full of men, women and children who feared they'd drown during a violent storm.

The man dubbed B188 in Canadian government documents says the risk of dying at sea was worth it for a shot at freedom, and it's the same chance that migrants heading from Africa to Europe are taking.

THE CANADIAN PRESS



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Twitter says its new policies will help the company police online harassment in a variety of contexts for users of the service.
MARK LENNIHAN/THE ASSOCIATED PRESS FILE PHOTO

Twitter policy shift targets online abuse

SOCIAL MEDIA

Support team can now lock accounts over violent threats

After facing criticism over its failure to combat abusive content, Twitter has announced some changes that it hopes will make it easier to deal with negative messages.

In a blog post by Shreyas Doshi, director of product management, the company unveiled two changes to its policy: expanding the scope of its "violent threats policy"

and giving more power to its support team to lock out an account for a period of time.

"We are updating our violent threats policy so that the prohibition is not limited to 'direct, specific threats of violence against others' but now extends to 'threats of violence against others or promoting violence against others,'" wrote Doshi.

In terms of enforcement, Twitter's safety team can also now lock accounts for a specific period of time and give offending users options on how they may return to the service, such

"We suck at dealing with abuse and trolls."

Twitter CEO Dick Costolo, in a 2014 company memo.

as deleting content or verifying a phone number to get back on the service.

"This option gives us leverage in a variety of contexts, particularly where multiple users begin harassing a particular person or group of people," wrote Doshi.

As well, the blog post mentions testing a new automated

feature that aims to help find suspected abusive tweets by looking at a number of factors, including having similar content to a tweet that the company's safety team has previously determined to be abusive.

These changes have likely been in the works for a while, as last year CEO Dick Costolo wrote in a leaked internal memo: "We suck at dealing with abuse and trolls on the platform and we've sucked at it for years. It's no secret and the rest of the world talks about it every day. We lose core user after core user by not addressing simple trolling issues that they face every day."

TORSTAR NEWS SERVICE

EARTH DAY

Shedding light on energy-efficient bulbs



Jessica Smith Cross
Metro | Toronto

If you plan to celebrate Earth Day by buying energy-efficient light bulbs, there are a few things you need to know.

These are both the best of times and the worst of times in lighting because there are so many different energy-friendly bulbs available, but many of them aren't any good, said interior designer Janice Lindsay.

Lindsay, who specializes in colour design at her Toronto company Pink, said the one sure way to hate the colours you've chosen for your home is to buy bad lighting.

"You can do something that looks beautiful in daylight, and you come home at night and turn on your cheap compact fluorescent, or bad LED, and that beautiful colour will look lurid," she said. "You'll think, 'Why the hell did I choose these?'"

The problem with many new energy-efficient bulbs is they produce a cool, bluish light that not only makes your colours look awful, Lindsay said they're un-

pleasant enough to be "psychologically damaging."

While there are efficient lights that look good, you have to know what to look for, she said.

The first to look for is the correlated colour temperature, or CCT, which tells you how cool or warm the light is, she said.

If the CCT isn't specified on the box, don't buy the bulb, she said. For a normal homey look, choose 2700K. A cooler, contemporary look is 3000K, but don't go any higher or you'll get the sterile hospital look, she said.

Next, check the colour rendering index, or CRI, which indicates how close the light produced is to natural light. It should be between 80 and 100, she said. A bad CRI will also skew your colour scheme.

If you're doing more work than just replacing your bulbs, you should consider lighting from the beginning and wire your home appropriately.

That way, you can choose different levels of light for different purposes. Leaving the lights you don't need off and dimming the lights you do use to the right level will save energy, and money.

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ROSEMARY WESTWOOD

metroview

Small-town papers require force of will

It's easy to dismiss community journalism as a glorified newsletter. It's not.

It's a source, just like dominant media outlets, of reporting excellence.

That's been proven this week by a small-town paper in the U.S. that won a Pulitzer Prize for uncovering widespread corruption in a Los Angeles-area school district. The little-known Daily Breeze beat out the likes of the Chicago Tribune for the award.

That excellence is also in the work of Steve Bonspiel of Kahnawake, Que., population 8,000, and his newspaper The Eastern Door. Five years ago, the paper exposed a controversial plan by the local Mohawk council to evict non-native people — work that earned the paper the prestigious Michener Award and international praise.

The plan was abandoned, but tensions have continued in Kahnawake, and The Eastern Door has doggedly reported on them.

"People have taken it upon themselves to try and enforce the spirit of what they call Mohawk Law," where only native people live in the community, Bonspiel said. It's having a dramatic impact on the readers of The Eastern Door, even if the rest of the world has stopped paying attention.

"I don't think community newspapers get their due," Bonspiel told me. He's right.

Until yesterday, I'd never heard of the Daily Breeze. But

I had heard of the latest CBC job cuts, which will impact small communities across the country. I had heard of two community papers closing in B.C. I know all about the falling revenue of major media companies, shrinking staff and rising pressure to pump out stories.

Investigative, long-term work, like that of the Daily Breeze and The Eastern Door, isn't economical. It takes time. It takes money. But it is crucial to communities large and small. And in many of the country's 1,000 community newspapers, it's kept alive by sheer force of will.

"You don't get into this job to make money, that's for sure," Bonspiel said. Nowhere is that more true than in community journalism, where salaries, by the estimates of Ottawa-based community newspaperman Joe Banks, start at about \$32,000.

"It is my dream job; it is what I love to do," Bonspiel told me. Bonspiel could doubtless make better money doing something else. Presumably, one of the Daily Breeze's Pulitzer Prize-winning journalists already is. Rob Kuznia was reportedly having trouble paying rent on his newspaper salary, so he recently took a job in PR.

I don't blame him, but it's certainly a loss for his readers and it underlines just how lucky we all are when people like Bonspiel choose to keep making a difference over making a decent buck.

the big question

Can math save the honeybees?

Young bees who leave stressed hives too early are dying in the field — which in turn causes the whole colony to collapse, according to researchers at Western University. Grad student Matthew Betti and his team used a game-changing mathematical model to show the chain-reaction effect when a colony is threatened (by pesticides, pests, infections or parasites) and forager bees are sent out for food before they reach maturity at 14 days. When they don't return, the hive dies. Now, when beekeepers see younger bees leaving, they can test for disease or transfer healthy bees to a new hive. The results might also save us humans — forager bees pollinate plants that are responsible for \$13 billion in agriculture worldwide each year.

Earth Day — when better to ask for changes at work?

THE SCIENCE

Stephanie Orford



Office garbage-can culture has got to go.

Most Canadians wouldn't dream of throwing a pop bottle or newspaper into a garbage can on the street — but too many do it at the office.

Office buildings in Canada seem to be the last stronghold of garbage-can culture. My friends and colleagues from across Canada describe workplaces that won't recycle cans, glass or plastic; some even empty the recycling boxes into the garbage.

Today, on Earth Day's 45th anniversary, much of the conversation will surround big issues such as climate change. But it's important to remember the cumulative impact of seemingly little things, like trashing a pop can.

Of course there are stellar businesses out there who take a lead in environmental sustainability, but why do so many Canadian office buildings have dubious or nonexistent recycling practices?

Although Canadian provincial and municipal governments have or are developing progressive environmental policies, office buildings remain relatively unregulated.

"By and large, municipalities aren't in the business of managing private-sector waste," explains Maria Kelleher, principal of Kelleher Environmental, a consulting firm based in Toronto.

"That's up to the big waste-management companies, and they provide whatever services the building owner asks them for."

Governments can offer incentives to encourage recycling. "In Toronto, where I live, the city picks up from about 14,000 commercial businesses

(mostly small retail stores) on main streets. They can set out as much recycling as they want at no charge; they get green bin pickup for free."

Because the city charges for garbage pickup, she points out, there's more motivation to use the recycling and green bins.

Getting office buildings to recycle isn't as simple as imposing municipal regulations, says Kelleher, explaining that recycling bylaws depend partly on whether the municipality owns the landfill and other logistical factors.

Office-building recycling is hard to enforce, Kelleher explains. "In Ontario we have over 400,000 businesses. You'd have to go out to each of their sites to see if they're doing what they're supposed to be."

Municipal governments such as Toronto's now require new buildings to have design features that make recycling easy. But many older build-

ings can't accommodate it.

"What do you do if you're on the 24th floor and you're trying to gather up your newspapers and cans and bottles? It's just not that convenient," says Kelleher. Old buildings often don't have space. There's room for one bin in the basement, not four.

So what can we do to help Canadian office buildings get with the recycling program?

"It all comes down to the building owner or manager," Kelleher says. If recycling isn't happening at your office, chances are your building manager doesn't understand how important it is to you.

Speak up and tell your office or building manager you want a better recycling program. You won't get what you don't ask for.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

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PHILOSOPHER CAT
by Jason Logan



House prices continue to soar in Vancouver to \$1.27 million average price...Who Cares?

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you're going to love this FREE training. This Mystery Multi-Millionaire's system lets you get profit-generating properties – in major US tourist areas – for less than 5% down!

This event deserves your attention, and here are just a few more reasons why you need to come to this event:

- Many parts of the US have not fully recovered from their recession, it is time to seize those opportunities now!
- Sometimes it isn't what you know, it's who you know – and when you know this Multi-Millionaire you'll also have access to his network of people and funds that can help you succeed in real estate.
- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
- His strategies are for everyone, even if you have absolutely no experience in buying or selling properties.

He has already shown hundreds of people just like you the ways to invest successfully in real estate and his students' success just makes his success even greater. He's breaking his back to share his system with Canadians just like you because it works – and it can work for you.

This will be the best 2 hours of your life, but you have to register to get your seat at this event. Let this Multi-Millionaire give you his step-by-step system for real estate success. Clam your seat now and get a bonus gift, your **Million Dollar Investor Tool Kit for FREE!** (A \$187.00 value).

You're asking – who is this Multi-Millionaire, and why does he want to help me? He can tell you himself...



If you're working hard these days without enough to show for it, I understand. I used to work hard myself – the 18-hour days – the 7-day weeks. I was a struggling musician – a concert pianist – trying to provide for my 4 kids in Montreal. I got married at 18 and had those 4 kids by the time I was 23, and I wound up a stay-at-home dad (not by choice!). But I never made real money until I discovered the secrets of investing successfully in US real estate – and then I was able to work a lot less.

Once my friends saw how well I was doing, they all wanted to get involved. It's funny – for 6 long struggling years, I had no friends, I was the crazy "black sheep" of the family who always needed to get a REAL job, and suddenly, they were all asking ME for advice!

I'm a national expert in the field of income-generating properties in the United States, and a Multi-Millionaire as well – and now I want to help the people rise above the real estate bust!



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Writer's latest about 'me, me, me'

TONI MORRISON

Novel written like a modern fairy tale

Toni Morrison has written 11 novels and won all the great prizes, but found herself struggling with her new book, *God Help the Child*.

Much of her work, from *Beloved* to *Jazz*, has been set in the distant past. But she placed *God Help the Child* in a time so close, the present, she wasn't sure at first how to define it.

"It's very self-referential. One of the major things that is going on is 'Me. Me. Me, me, me. Look at me. Look at my picture. Look at my novel. I write about myself. Look at my story,'" she said during a recent interview at her downtown Manhattan apartment. "Don't get me wrong. Some of it is very good. But it's not an invention of something you don't know. It's about yourself."

There are no stand-ins for Morrison in her novel, no one who lives even remotely like the world famous, 84-year-old Nobel laureate. She has instead written a modern fairy tale, with one-name characters, magical traits and transformations and questions about race and love and how to lift



While Toni Morrison's latest effort is self-referential, in general she encourages writers to stretch the imagination and write about something that they don't understand. GETTY IMAGES

the curse of self-involvement.

Bride, a blue-black woman so dark that her light-skinned mother, Sweetness, is frightened of her, is a cosmetics entrepreneur haunted by a terrible misdeed from childhood: With her mother's en-

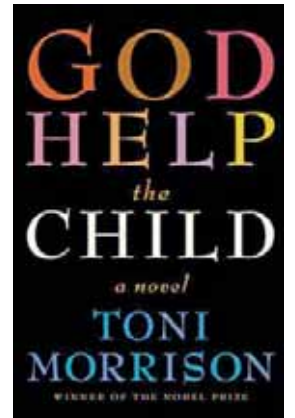
couragement, she wrongfully accused a schoolteacher of sexually abusing her. Meanwhile, Bride's errant lover, Booker, has never recovered from the murder of his brother at the hands of a trusted adult, the presumed "nicest man in the

world."

Bride and Booker cannot escape their troubles, or themselves. Booker is too traumatized to sustain a long-term relationship, while Bride is so crippled by doubt and self-loathing her breasts disappear.

"Memory is the worst thing about healing," Bride observes.

Morrison believes her job as a writer is to upend conventional thinking, whether about race (a social construct, she calls it), or happiness. Romantic love or professional fulfilment is the



ideal resolution for most stories; Morrison favours the "acquisition of knowledge." Sweetness, for instance, has been an irresponsible mother, but at least she can acknowledge it.

Writing is Morrison's path to outside of herself, but it's undertaken alone, in her imagination: The Civil War era in *Beloved*, the 1920s in *Jazz*, colonial times in *A Mercy*. A professor emeritus at Princeton University, she remembers telling her creative writing students, "I don't want to hear about your little lives. You don't know nothing." Instead, she would assign them stories about other times, other people. THE ASSOCIATED PRESS

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Sweet! Making cocktail bitters is easy

SPIRITS

DIY infusions let you choose the flavours

Feeling bitter? Get in line. These days anyone who takes their drinking seriously is getting intimate with bitters.

Fuelled largely by the hard liquor and artisanal cocktail booms, bitters — those astringent, potent flavour enhancers added by the drop to cocktails — have become a big business.

Ten years ago you'd have been challenged to find much beyond those ubiquitous Angostura and Peychaud's bitters. Today, bitters are made with everything from celery and rhubarb to Mexican chocolate and Colonial-era spice blends.

Yet even with this delicious abundance, it's OK to want more. The good news is that custom bitters are easy to crank out in your own kitchen.

But first, a bitter primer. Bitters often are described as the salt of the cocktail world. A drop added to a drink — and sometimes food — doesn't just add flavour, it heightens, highlights and ties together all the other ingredients, as well. Most bitters are made by distilling herbs, seeds, roots and other ingredients. The result is a thin liquid with — Surprise! — a bitter or bittersweet taste and a robust aroma.

Custom bitters are easy to crank out in your own kitchen. Here are two techniques, one that works in about 30 minutes, another that takes a few days. It really just depends on how much time you've got.

THE ASSOCIATED PRESS



1 Ingredients

As the name suggests, at least one of your ingredients should have a bitter (or astringent) flavour. Citrus peel is ideal for this. I generally use just the thin zest layer of the peel from oranges or limes, though I once used whole kumquats. You also could use rhubarb, cranberries, fresh basil or mint. Whole produce, such as kumquats, should be scored with a knife.

Next, pick something sweet. Usually, some sort of fruit is helpful here, such as lemon or lime slices, cherries, apples, berries or mango. Anything large should be chopped.

Now, grab something spicy. Cinnamon, star anise, black peppercorns, cumin and nutmeg

are all delicious. If you like a little heat, consider adding a hot pepper.

The important thing is to select flavours and ingredients that you like and that you think will work together. It also helps if you have a cocktail or spirit in mind when making your bitters. I'm a fan of the classic old fashioned made with bourbon. I don't add much sugar to my drink, but I do like sweetly fruity bitters, so I often go with flavours such as cranberry-orange-cinnamon. Sometimes I add a vanilla bean.

Finally, you need vodka. You will be using all of these ingredients to infuse the vodka, which ultimately will become the bitters. Don't go top shelf for the vodka; just grab a jug of the cheap stuff.

2 Slow method

Place your infusion ingredients — the bitter, sweet and spicy ingredients you've chosen — in a glass quart jar with a tight-fitting lid. How much? Depends. For citrus, use the full zest of 3 to 4 pieces of fruit. For cranberries, rhubarb or herbs, use about 2 cups. The good news is that it's really hard to use too much, so when in doubt, add more. Remember, the finished product will only be used a few drops at a time.

Once your ingredients are in the jar, lightly mash them with a wooden spoon, then add enough vodka to fill it. Screw on the lid, shake, then walk away. Whenever you think of it during the next three or four days, give it a shake. After the infusion has sat for that time, strain it, squeezing the solids to get as much liquid as possible. Discard the solids.

Place the infused vodka in a small saucepan and simmer until reduced by half. Let it cool, then bottle it and refrigerate. Done. Use a few drops in your next cocktail. The bitters will keep in the refrigerator for a month.



3 Fast method

Ready for fun with science? This is where we get to use the boiling point of alcohol — a low 176 F — to our advantage.

First, heat a large pot of water to 176 F. Use a candy thermometer hooked to the side of the pot to monitor this. Now dump all of the ingredients outlined in the slow method above into a heat-safe plastic bag (the bags used by vacuum sealers are a good choice), pressing out as much air as possible. Submerge the bag in the warm water. In a few minutes (depending on the temperature of your ingredients), you'll see the vodka in the bag bubbling gently. Let it do that for about 10 minutes. Remove the bag from the water and let it cool for another 15 or so minutes. Strain and reduce as described in the slow method. Done. Almost instant cocktail bitters. The bitters will keep in the refrigerator for a month.



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WHISKY

A hint of maple

LIQUID ASSETS

Peter Rockwell

@therealwineguy



Pouring maple syrup on your flapjacks is one thing. Drinking the stuff is a whole different story.

While whisky purists may turn up their noses, the popularity of infused brown spirits is creating more buzz than how old Harrison Ford looks in the latest Star Wars trailer.

Though many can come across as overbearing, Knob Creek's Smoked Maple Bourbon (\$43.49 – \$45.99) seems to have found that perfect balance between past and present.



She smells like maple, but the up-front smoke massages it just enough so that in the mouth she stays true to her origins. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Grill and roast veggies for true Mexican style

AUTHENTIC CUISINE

A healthy and delicious take on fave dishes

Eva Kis

Metro | New York

The Mexican food that Dos Caminos chef Ivy Stark saw on a recent trip south of the U.S. border didn't feature many of the ingredients we expect.

"I want to dispel the myth that melted cheese and sour cream are authentic Mexican food," she says.

Cheese, in fact, is a rarity. Another missing "staple" on every menu here: quesadillas as we know them.

What you do get is cuisine rich with vegetables, which are cheaper than meat. Sauces are made with roasted veggies, spices and sometimes nuts.

After her trip, Stark created a whole new, healthier menu for her restaurants, and shared



Dos Caminos Grilled Mexican Street Corn. CONTRIBUTED

with us the tips on how you can capture authentic flavors in dishes.

Stark revamped her guacamole for the new menu, giving it a smoky depth of flavour with roasted jalapeno peppers. "Roasting is a really good technique because it concentrates the flavour," she says.

Replacing flour tortillas with corn saves calories, makes the dish gluten-free and cuts out any potential hydrogenated oil.

Cook it on a griddle to crisp it up instead of frying it.

Charring can cause carcinogens to form on meat and fish, but you can still grill vegetables like corn and asparagus. "Grilling is also a really good technique, especially if you're looking to not use any fat," she says. "It's really delicious for corn, squash — everything tastes good on the grill because you get that smokiness against the sweetness of the vegetables. And it's easy!"

WORD OF MOUTH

Pomegranates and dates a power couple

NUTRI-BITES

Theresa Albert

myfriendinfood.com



Remember when food combining was a big thing? The mostly debunked theory was that you can only digest one macronutrient at a time.

New evidence shows that combining specific foods enhances their powers. In one study, the combination of pomegranate and dates had a potent cholesterol lowering effect. Go figure, nature may know something. Here are some tips on working these artery cleaners into your day:

- To peel a pomegranate, cut in half and immerse into a bowl of cool water. The fibres will fall away and the seeds will float.
- Dates are a fresh fruit that dry on the tree so they should be stored in the fridge.
- Top a Greek salad with a handful of both.
- Make a martini with pomegranate juice rimmed with date sugar.
- In a blender, combine 1 cup of pitted dates, ½ cup of

pomegranate juice and a tsp of cinnamon. Store in the freezer and enjoy 1 tsp before or during vigorous exercise to refuel

• Think savoury dishes. Pomegranate is a good alternative liquid when red wine is called for in a recipe.

• Dates are great in pilafs and rice dishes paired with nuts.

What grows together, goes together is a culinary concept that will help you combine foods for flavour and, over time, science may just confirm the adage.

Theresa is an ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO WANTS YOU TO BE IN THE KNOW.



Dates pack a healthy punch when paired with pomegranate, shown at right. ISTOCK

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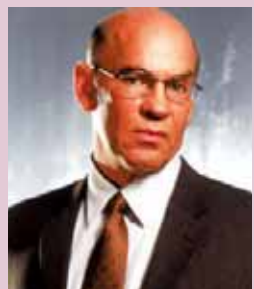
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TV NEWS

Skinner joining Mulder and Scully on new X-Files

Veteran X-Files actor Mitch Pileggi is slated to return for the upcoming Fox event series, according to a tweet from the actor late Monday night.

Pileggi, who played FBI boss Walter Skinner, appeared in more than 80 episodes of the original series, and both feature films. Shooting is due to start this summer but further details have yet to be announced. AFP



Mitch Pileggi as Walter Skinner. CONTRIBUTED

Wes Craven bringing work to the small screen

Horror maven Wes Craven is working on some haunting new television series after inking a first-look deal with Universal Cable Productions, a top executive from the studio announced Monday.

Craven, the mastermind behind the Scream franchise and Nightmare on Elm Street, is adapting his 1991 film The People Under the Stairs as well as Daryl Gregory's 2014 novel We Are All Completely Fine for Syfy.

AFP

RuPaul does Good Work

INTERVIEW

The drag world's queen dishes on show, plastic surgery



Ned Ehrbar

RuPaul has never been one to shy away from a tough topic, and now is no different. The reigning queen of the drag world — already busy hosting Drag Race on Logo and judging Skin Wars on GSN — has yet another show on the air now: Good Work, an E! series that tackles plastic surgery with the help of Dr. Terry Dubrow (Botched) and Sandra Vergara (as in Sofia's sister).

With what you've seen so far on Good Work, how has it changed your own opinions or perceptions about plastic surgery?

It's actually enhanced my love of plastic surgery. I've always been obsessed with transformation, with the idea of creating your own persona, with the idea of becoming the creation of your own imagination.

It's the most powerful thing you can do. And whatever you want to do, whatever your imagination leads to, I have no judgment on it. I'm like, thumbs up to anybody who's going to take matters into their own hands. But of course,

you have to be informed, and most people are not informed. That's why we've created this dialogue on the show, and hopefully it will create a dialogue for people around the world who see this show.

What did you think of the recent passing of plastic surgeon Dr. Fredric Brandt (one of the early adopters of Botox, with many celebrity clients, Brandt committed suicide earlier this month.)

When most people uncover life's cruel hoax, which is that none of this is real — and most people cannot hear that — by the way, but I'm going to say it out loud: none of this is real. When beautiful, light, gorgeous souls understand that, it's very disheartening. And I've got to tell you, that is an option.

Nobody wants to hear it and nobody will say it out loud, but I will. You can always hit the eject button. No judgment. Especially if you are a sweet, sweet, sensitive soul, it becomes too much. This world is completely f—ed up if you take it at face value, if you take it seriously. It's completely bonkers.

You need friends around you to say, "Remember, this is just a dream. It's a joke, don't take it too seriously." So God bless him. But in our culture, there is such a taboo around what he did, but you know what? It's an option. It is an option with the bulls— that you have to put up with.

Is this show going to have kind of special language that Drag Race has developed?

Well, we are gay, so we have a special lingo for everything. Here's the thing, for gay people who have looked through the looking glass and seen the other side — you have to lighten everything up. People who have discovered life's twisted hoax find refuge in the irreverent and in the kooky and in the twist of a phrase. You twist a phrase the right way and my nipples get hard.

You've been doing such a great job at doling out life advice on Twitter. Any advice for



recent news makers like, for instance, Hillary Clinton?

Well see, I don't give advice unless that person asks me, you know? I do love Hillary Clinton, can't wait to vote for her.

It's interesting, when you really look through the looking glass and you understand who we are as a race of people and how primitive we are and how our culture is so cruel to women, our culture is just awful to women. Here's this brilliant, brilliant woman, and she has to put up with all this catty bulls—. And you know what?

We're so blind, it's so engrained in our culture, we don't even realize we're doing that stuff.

RuPaul's newest show is Good Work, an E! series that tackles plastic surgery.

GETTY IMAGES

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END OF ERA

Jon Stewart's final show set for August



Jon Stewart said the prospect of covering another presidential election didn't interest him. AFP

Jon Stewart announced during Monday night's show that the final episode of his Comedy Central series *The Daily Show* will air on Aug. 6.

Stewart broke the news on Feb. 10 that he was to retire from the network after more than 16 years. South African comic Trevor Noah is slated to replace Stewart, but his premiere date has not been released yet.

After covering four U.S.

presidential elections, Stewart recently told *The Guardian* that the prospect of the 2016 campaigns did not interest him and that he was not getting the same satisfaction from the show.

While the countdown begins for the last episode of host Stewart behind his famed desk, the comedian says he has a range of projects on the backburner.

AFP

AMC tries to find God with new series *Preacher*

DARK COMEDY

Seth Rogen, Evan Goldberg to produce comic adaptation

AMC, the network that brought us *Mad Men*, *Breaking Bad* and *The Walking Dead* is developing *Preacher*, a series adapted from the 1990s comic book series.

Poised to be irreverent and violent, the project is headed up by two big Canadian names in Hollywood comedy: Seth Rogen and Evan Goldberg and it will launch in 2016.

As *Mad Men* prepares to take its final bow, AMC is prepping the drama that will take its place next year.

Leaving behind the sophisticated world of the New York ad execs, the network is developing a grittier project closer in tone to its current hit drama *The Walking Dead*.

Published between 1995 and 2000, the original *Preacher* comic series follows a small town Texas preacher whose entire congregation is killed in a strange supernatural incident during which he gains mysterious powers, including the ability to bend anyone to his will simply through his voice.

To find answers and search for God, who has left heaven after the incident, the preacher sets out on a cross-country journey.

Written by Garth Ennis and illustrated by Steve Dillon, the comic books are known for their black humour.

Called offbeat and irreverent by some, blasphemous and vulgar by others, *Preacher* has earned cult status in the supernatural fantasy comics genre,



Dominic Cooper is playing the titular character in the new AMC series *Preacher*. AFP FILE PHOTO

and it was even a source of inspiration for Stephen King's *The Dark Tower*.

To head up its new TV adaptation, AMC has tapped the Canadian writing and producing duo best known for their comedy films including *Superbad*, *Pineapple Express*, *The Green Hornet*, *This Is the End* and *The Interview*.

To star in the series, Rogen and Goldberg have recruited Dominic Cooper, the actor who plays Iron Man's father Howard Stark in Marvel's TV and film

franchises.

The British actor will play Jesse Custer, the alcoholic preacher who takes to the open road with his ex-girlfriend Tulip (Ruth Negga) and an Irish vampire named Cassidy (Joseph Gilgun).

Before being developed as a TV series, *Preacher* almost made it to the big screen. Columbia Pictures was pursuing a film adaptation in 2008 with Sam Mendes attached to direct initially, followed by Darren Aronofsky.

NEW CHARACTERS

Other talent tapped

Preacher will also introduce two new characters not featured in the original comic: Vyla Quinncannon, to be played by Weeds alumna Elizabeth Perkins, and Emily Woodrow, to be played by Lucy Griffiths.

AFP

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The future is now for our planet

Earth Day is celebrating its 25th anniversary — and while it's a time to celebrate milestones, it's also a time to look ahead at what still needs to be done.

This is a key year for environmental action, says Deb Doncaster, president of Earth Day Canada. That's why the charity is launching the Earth Day Every Day campaign with a "clean commute" focus.



A quarter of a century ago, there weren't many national environmental organizations. Earth Day, which originated in the U.S., quickly made its way into Canada and around the world — today it's active in 170 countries. Six million people participate in Earth Day across Canada every April 22, joining a billion people across the planet.

"For the last decade or so, we left it up to individual local organizations to do whatever they wanted to do on Earth Day," Doncaster says. "I think we've all agreed that it would be wise to focus our efforts around particular initiatives, to use the day to galvanize efforts and show the impact that collective action can actually have."

This year, Canada has reached the halfway mark in meeting the goals set out by the



SHUTTERSTOCK

Intergovernmental Panel on Climate Change. And the next decade is critical, Doncaster says.

"It's the decade where we're either on course to a more moderate climate impact scenario or we're on course for something more extreme."

A sign that we are moving in the right direction is that last year's global CO2 emissions didn't surpass the previous year's levels, ac-

cording to the International Energy Agency.

"What's even more interesting is that the global economy grew by three per cent," Doncaster says. "That's a little glimmer of hope — the huge investments that are being made in renewable energy and conservation are starting to have an impact. Now we have to save the forests, turn to electric vehicles and conserve energy. All of these things are so doable if we have the collective will."

MAKE EARTH DAY EVERY DAY

Earth Day is celebrated each year on April 22, but organizers want it to be Earth Day all year round. That's one reason they have launched the Earth Day Every Day campaign.

The new five-year campaign goes live this Earth Day in celebration of the charity's 25th anniversary. Earth Day Every Day encourages participants to commit "green acts" and share them online through social media for prizes.

The goal is to help Canadians reduce their carbon footprint by 20 per cent for 2020. Today, each Canadian has a carbon footprint of about five tonnes per year.

Earth Day Every Day is designed to help the average Canadian clean their commute, reduce their personal carbon emissions and share their acts of greenness.

Participants can create a profile, choose from a range of clean commutes to reduce their carbon footprint, share their activities on social media and track their greenhouse-gas reductions on a personal dashboard — they will be recognized for hitting certain milestones.

Earth Day Every Day takes place from April 22 to May 22. Learn more and get involved at EDED.ca.



What kind of transportation did you choose today?

Learn 25 ways to clean your commute at EarthDay2015.ca

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2015 Nissan Micra suits city best



REVIEW

Least costly car in Canada doesn't feel that way

Jil McIntosh
For Metro

While price isn't always everything, it's the way Nissan markets its new Micra: with a starting price tag of \$9,998, it's the least expensive car in Canada. While it isn't costly, the Micra doesn't feel cheap, and for many drivers, it could be an excellent city runabout or second car.

That rock-bottom price gets you the base Micra S trim line, with a five-speed manual transmission and no air conditioning.

To get air conditioning, you also have to take a four-speed automatic transmission and cruise control, which brings the price up to \$13,298. Even so, it's still less expensive than any of its subcompact-car competitors when they're also equipped with cold air.

At the top end of the scale, the Micra goes as high as \$16,748 for the SR trim with an optional automatic transmission.

Now, you're not getting all

the luxury goodies for \$10,000, and at that level, you'll have to crank up the windows by hand, adjust the manual mirrors using a little joystick on each window frame, and unlock the doors with the key.

You do get a tilt steering column, CD stereo with auxiliary input jack, carpeted floor mats, a 12-volt power outlet, digital clock, and a split-folding rear seat.

Although the Micra's 1.6-litre four-cylinder engine makes just 109 horsepower, this is a surprisingly fun little car to pilot. It feels quick and peppy, the shifter is smooth, it responds immediately to steering input, and it drives better than many cars that cost considerably more.

Now, for all that, it isn't that great a car to drive on the highway. It's noisy and the seats don't stay comfortable for very long, and with my seating position, I found that my leg quickly got cramped on the

throttle, since I didn't have the luxury of cruise control. I'm more than willing to forgive it, however, since the Micra isn't meant to be a highway hauler.

Instead, it's an inexpensive machine that's sized and built for the city, and that feels and works better than its price.

If you don't need frills to be happy, take this one for a drive.



This is a surprisingly fun little car to pilot

Jil McIntosh

THE CHECKLIST 2015 NISSAN MICRA

THE BASICS

Type. Four-door, five-passenger subcompact hatchback
Engine (hp/torque). 1.6-litre four-cylinder (109)

Transmissions.

Five-speed manual or four-speed automatic

Price. \$9,998 (as tested) plus destination

POINTS

- The Micra is sold in several countries, but not the U.S.
- A special "Krom" trim line adds chrome trim and available black wheels.
- Cars at this year's Micra Cup racing series in Quebec have modified suspensions and performance tires, but use stock 1.6-litre engines.



COOL FEATURES

- Keyless entry.
- Tilt steering wheel.
- Bluetooth and USB port.
- Available rearview camera.
- 60/40 split-folding rear seat.
- Standard variable intermittent wipers.
- Speed-sensitive stereo volume control.

MARKET POSITION

- Nissan isn't just trying to get customers out of new-car competitors, but used ones, as well. The Micra is priced similarly to many pre-owned vehicles, but includes a factory warranty and may be easier for some buyers to finance.

THE COMPETITION



Mitsubishi Mirage
Base price: \$12,498



Chevrolet Spark
Base price: \$12,145



Toyota Yaris
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Jaguar XK, XKR give sleek ride

USED VEHICLE

Battery in 2007 to 2014 models may need extra care

Launched for model year 2007, the Jaguar XK is a classy coupe or convertible four-seater with standard V8 power, upscale design and feature content, and a lavish and luxurious cabin finished with top-line leather, wood and metallic trim.

Start your test drive looking for signs of warning lights and messages in the XK's instrument cluster, which could be the result of a poorly charged battery. Low battery voltage can cause a world of issues in a car like the XK that's not typically driven daily, so be sure to invest in a battery 'trickle charger' to keep the battery topped up. A Jaguar mechanic should investigate any warning lights or messages ahead of your purchase.

Be on the lookout for soggy carpeting, excessive conden-

sation on interior windows, and other signs of a water leak, which could be caused by plugged or damaged drain tubes. In many cases, a plugged drain tube can be cleared with a few blasts of compressed air. Be sure that's the case.

On a convertible, run the power top through its positions several times, and check all rubber seals for cracking, damage or missing pieces.

Confirm proper operation of the navigation system, noting a calibration procedure may be necessary if the system doesn't seem to be able to locate the car on the map.

Confirm proper operation of the navigation system, noting that a calibration procedure may need to be carried out if the system doesn't seem to be able to locate the car on the map.

Finally, as the XK and XKR are performance cars designed for hard driving, have a mechanic check the condition and level of all fluids, the tires, and the brakes. JUSTIN PRITCHARD

METRO
TESTED



Features

A driver computer, Bluetooth, automatic lights and climate control, push-button engine start and motorized memory seats. The XK is an ideal choice for someone seeking a good-looking, high-performance car.

What owners like

The XK's performance, silky smooth V8 power, gorgeous exhaust note, relative ease of entry and exit, and relatively easy to drive character. The XK and XKR are docile to drive gently, too.

What owners dislike

Common complaints include tiny rear seats, limited cargo space, a sometimes hard-to-read central navigation screen, and a rough ride in models with larger wheels.

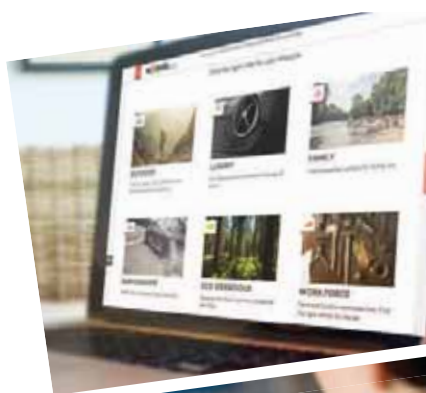
The verdict

If your budget allows it, your safest bet in a used XK or XKR is a dealer-serviced model sold through a certified pre-owned program. An XK will be the most affordable to fuel, maintain and insure.

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Research and Compare to find the vehicle that's right for your Lifestyle

SUPERCARS

McLaren expands supercar collection

British supercar manufacturer McLaren has unveiled its newest offering at the Shanghai Auto Show, the 540C, which alongside the 570S rounds out its "Sports Series."

It's also the company's most affordable supercar to date, with McLaren confirming a starting price of \$165,000.

McLaren's fleet is now composed of three model series: Sports, Super and Ultimate.

In the Sports Series category, the 540C joins the 570C, unveiled a few days earlier in New York. Its twin-turbocharged 3.8-litre V8 produces 562 horsepower, capable of hitting 100 km/h in 3.2 seconds and topping out at 328 km/h.

The entry-level 540C's twin-turbocharged V8 produces 533 horsepower and is capable of reaching 320 km/h, the first 62 of which it'll attain in just 3.5 seconds.

It is already available for purchase, though delivery of the vehicles

won't begin until early 2016. Both of these cars share the same carbon-fibre chassis.

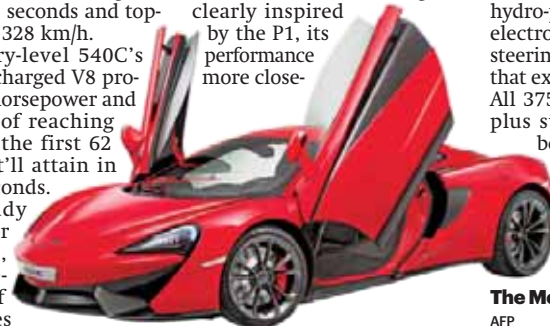
The Super Series includes a model first presented at the Geneva International Motor Show in 2015, the 675LT, capable of reaching 100 km/h in a claimed 2.9 seconds thanks to its 666 horsepower twin-turbocharged V8. The company announced it will limit production to 500 units, with a starting price of \$349,500.

The 650S, in coupé and spider form, both of which were presented in Geneva in 2014, complete the Super Series. While the 650S' design is clearly inspired by the P1, its performance more close-

ly resembles that of the 12C, its 3.8-litre V8 producing 641 horsepower and racing to 100 km/h in 3 seconds.

Finally, the Ultimate Series includes the spectacular P1 and its track-only version, the P1 GTR. The McLaren P1, first presented at the Paris Auto Show in 2012 before making its debut in its definitive hybrid version the following year in Geneva, is the flagship of the McLaren catalogue. Its technology amazes, pairing a 3.8-litre 727 horsepower V8 with a 177 horsepower electric motor capable of reaching a top speed of 350 km/h, and featuring hydro-pneumatic suspension, electro-hydraulically assisted steering, and even a rear wing that extends almost 12 inches. All 375 of the million-dollar plus supercar have already been sold.

The Shanghai Auto Show is open to the public April 22-29, go to autoshanghai.org for details. AFP



The McLaren 540C Coupé.
AFP

+ AUTO NEWS OPEL UNVEILS ADAM ROCKS S



The Opel Adam Rocks S. GM COMPANY

A sportier version of brand's crossover

At AutoRAI in Amsterdam, German brand Opel has unveiled the latest addition to its Adam range, a mini-crossover with 150 horsepower. Opel has yet to announce pricing and availability details. The new Adam Rocks S is powered by the same 1.4-litre, 150-horsepower turbocharged engine as the Adam S, launched in March,

so its performance stats are similar (210 km/h top speed and 0 to 100 km/h acceleration in 8.5 seconds). In terms of fuel efficiency, Opel says the new model consumes 5.9 litres per 100 kilometres, which is equivalent to CO2 emissions of 139 g/km. A more off-road style and a built-in multimedia system are among the features that distinguish the Adam Rocks S from its older brother. AFP

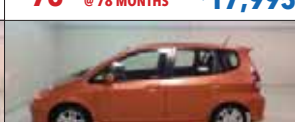


Driving sunglasses should be polarized to eliminate glare and contain an amber or brown tint for creating contrast. ISTOCK

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 2007 INFINITI G35 SPORT Automatic, climate control, power group, sunroof, CD, AM/FM radio, leather seats, heated front seats. \$96* WEEKLY @ 60 MONTHS SALE PRICE \$16,995	 2007 HONDA FIT SPORT Automatic, A/C, tilt steering wheel, speed control, AM/FM radio. CD player. front fog lights. \$49** WEEKLY @ 60 MONTHS SALE PRICE \$7,995	 2013 INFINITI JX35 Automatic, AWD, trailer hitch receiver, power moonroof, A/C, front dual zone and rear A/C, trunk/hatch auto-latch. \$158 WEEKLY @ 84 MONTHS SALE PRICE \$41,888	 2014 HYUNDAI VELOSTER TECH Automatic, A/C, heated steering wheel, navigation, power moonroof, tilt and telescoping steering wheel. \$86 WEEKLY @ 84 MONTHS SALE PRICE \$21,995
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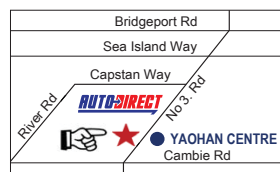
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GEAR

Not just any old shades will do for driving

AUTO PILOT

Mike Goetz



have an amber or brown tint, which are good at creating greater contrast, because they eliminate blue tones. Our eyes aren't crazy about blue tones.

Our eyes don't like light overdose either, which is basically "glare." Sunglasses can come with or without "polarizing," which eliminates glare. Go for polarized glasses, because drivers are subjected to lots of incidences of glare, when the light bounces off the metal of other cars, and off the snow and water on and by the road.

More advice from the experts: Don't get wide or oversized frames as they hinder peripheral vision; wraparound frames prevent glare from entering your eyes from the side; variable tint sunglasses won't work properly in a car, because the windshield already blocks 40 per cent of UV light, and that will delay or restrict the automatic tinting; graduated lens that are lighter on the bottom make it easier for drivers to see their dash instruments and controls.

Cheap sunglasses can be low on UV protection

Mike Goetz

You want a lighter tint to your driving shades, say the experts.

Sunglass tint density is rated on a class scale of 0-4, with Class 0 being absolutely clear, and Class 4 being more or less black paint. Each class allows different percentages of light to enter your eyes, and the darker ones just won't let you see well enough behind the wheel. And remember that UV protection, which you want and need, is not related to tint. Cheap sunglasses can be low on UV protection. Might as well go with 98-100 per cent UV protection, which is available on even moderately priced glasses.

The experts also say that drivers should stay away from certain tint colours, specifically pink, blue and green (unless they are especially designed for driving, and have a "safe for driving" label). These tints don't allow you to distinguish red as easily, and as you know, red is extremely important for driving — almost as important as green. Sunglasses that are precisely designed for driving typically

the automatic tinting; graduated lens that are lighter on the bottom make it easier for drivers to see their dash instruments and controls.

Of course you can be assured of getting all the attributes we discussed by going with pair of sunglasses designed expressly for driving. Oakley, Maui Jim, and Serengeti are three makes known for their high-end driving sunglasses. I can only speak for Serengeti, which I find to be fabulous.

In fact I'm on my fifth pair. I keep losing them. They're not cheap, so I'm determined not to lose another. I now have this foolproof plan: I don't wear them. I keep them in their case, on a bookshelf, in my office. Sure, I don't use them as intended, but I always know where they are.

Toyota's hydrogen car already a hit

ENGINES

Ford hits 5m Eco builds

Ford recently built its five millionth EcoBoost gasoline engine since the line launched in 2009. The engines, Ford said, were in one of every four of its vehicles sold in Europe last year, with the most popular unit being the 1.0-litre three-cylinder version. The five millionth vehicle was a 1.0-litre Ford Focus that rolled off the assembly line at the Michigan Assembly Plant in Wayne, Mich.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



PRODUCTION

1,500 orders in first month

Just months after the Mirai hydrogen car's debut, Toyota says it will more than triple production of the ultra high-tech sedan.

However, production will increase to only about 3,000 units in 2017 from current levels of about 700 a year. Toyota revealed the expansion in light of the 1,500 orders received in the first month of Mirai sales in Japan, and launches planned this year in the United States and Europe.

TEXT AND IMAGES BY WHEELBASE MEDIA



DESIGN

New NSX shows touches of tech

Acura says it will begin taking orders this summer for its new-generation NSX hybrid supercar, with deliveries expected to begin later in the year. Built exclusively in the United States at a dedicated facility in Marysville, Ohio, the sleekly styled NSX will sport a twin turbocharged V6 engine with a nine-speed paddle-shift transmission and three electric motors, all within a rigid, lightweight multi-material body. The exterior body design has been fashioned for "total air-flow management" for both stability-enhancing downforce and vehicle systems cooling. Anchored by a carbon-fibre floor, the body uses a space frame design, an internal frame constructed of aluminum, ultra-high strength steel and other advanced materials that give it both high strength and weight savings.

SALES

California may cut e-cars tax

California's Legislature is considering a bill that would cut the sales tax on environmentally benign vehicles sold there by more than half, the Los Angeles Times reported. The proposed bill calls for reducing the sales tax on battery-electric cars, plug-in hybrids and hydrogen fuel-cell vehicles to 3.06 per cent from the current level of 7.5 per cent. The bill's author, Democrat Assemblyman Phil Ting, said funds collected under California's cap-and-trade program could make up for the revenue shortfall that would result from the tax cuts. California is said to be the most e-car friendly state in the union.

+ IMPROVEMENT

New vehicles more efficient than ever: EPA
Automakers exceeded U.S. government targets for improving fuel economy and reducing tailpipe emissions by "a wide margin" for the second consecutive year, the Environmental Protection Agency said. Vehicles sold in the U.S. are the most fuel efficient they've ever been, averaging 39 kilometres per U.S. gallon in 2013, a 0.5 mpg increase from the previous model year, the government agency said. The improvements show momentum automakers have achieved in reducing the weight of their vehicles and introducing fuel-saving technologies.

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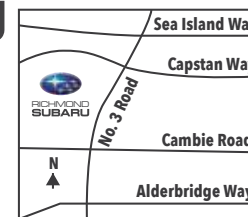
2013 HONDA CIVIC EX Only 20,522 km's, power sunroof, leather steering wheel integrated with Bluetooth, stereo and cruise controls, heated seats, AM/FM radio, hill start assist. \$139 BIWEEKLY @ 84 MONTHS \$19,875 SALE PRICE	2013 INFINITI JX35 The 2013 Infiniti JX35 offers Easy access to roomy third row, plenty of high-tech safety and creature comforts, plush ride quality, AWD. \$281 BIWEEKLY @ 84 MONTHS \$38,572 SALE PRICE	2012 VOLKSWAGEN PASSAT 2.0 TDI Trendline+, power adjustable rear view mirrors, power windows, heated and auto dimming rear view mirrors, Bluetooth compatible, dual zone climate control. \$163 BIWEEKLY @ 72 MONTHS \$17,976 SALE PRICE	2013 TOYOTA MATRIX Pleasant ride, intuitive controls, roomy backseat, flat load floor, A/C, Split-folding rear seatback, 6 total speakers, AUX, USB, Bluetooth. \$101 BIWEEKLY @ 84 MONTHS \$14,856 SALE PRICE
2012 FORD FOCUS SE Nimble handling, refined and quiet ride, stylish and well-made interior, lively engine, A/C, folding rear seatback, AUX, stability and traction control. \$80 BIWEEKLY @ 72 MONTHS \$10,982 SALE PRICE	2007 AUDI A3 2.0 T Slick DSG transmission, great driving dynamics, versatile interior space, powerful and sophisticated engine, Dual zone climate controls, Power sunroof, alloy trim accents. \$192 BIWEEKLY @ 72 MONTHS \$23,356 SALE PRICE	2012 VOLKSWAGEN BEETLE Comfortline, power locks, power windows, power adjustable rear view mirrors, rear bucket seats, large cargo area with tenneau cover included, fuel economy monitor. \$121 BIWEEKLY @ 72 MONTHS \$15,672 SALE PRICE	2012 SUBARU IMPREZA 2.0i Sport package, AWD, rear view mirrors with LED integrated turn signals, halogen fog lights, fully automatic head lights, retractable sunroof, Bluetooth. \$131 BIWEEKLY @ 72 MONTHS \$16,856 SALE PRICE
2015 SUBARU FORESTER 2.5i Touring package, automatic temperature control, trunk/hatch auto-latch, power moonroof, front dual zone A/C, fully automatic headlights, front fog lights. \$206 BIWEEKLY @ 84 MONTHS \$28,976 SALE PRICE	2010 TOYOTA TACOMA V6 SRS Nothing needs to be said to sell this one, it's the SRS of the Tacomas! It will be sold before you get off the couch! V6 engine, mint condition! Power everything! \$263 BIWEEKLY @ 60 MONTHS \$27,875 SALE PRICE	2011 TOYOTA VENZA V6, AWD, HomeLink, A/C, trunk/hatch auto-latch, front dual zone A/C, wireless phone connectivity, steering wheel mounted audio controls, split folding rear seats. \$233 BIWEEKLY @ 60 MONTHS \$24,672 SALE PRICE	2011 KIA SORENTO SX V6 7 seater, AWD, front dual zone A/C, HomeLink, power moonroof, navigation, wireless phone connectivity, split folding rear seat, leather upholstery, backup camera. \$133 BIWEEKLY @ 60 MONTHS \$14,856 SALE PRICE



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Canucks burned in Calgary

NHL PLAYOFFS

Back-to-back losses have Vancouver trailing 3-1



Cam Tucker
Metro | Vancouver

GAME 4 On Tuesday



The Vancouver Canucks went to Calgary and looked burned out.

The Canucks are now facing elimination. They'll look to stave that off when they host a youthful Flames team brimming with confidence in Game 5 on Thursday at Rogers Arena.

After all that transpired Tuesday — Alex Burrows leaving the morning skate with an injury and being taken to hospital in an ambulance, the call-up of Sven Baertschi, and the insertion of Linden Vey and sparingly used depth forward Brandon McMillan into the lineup — the Canucks didn't get pushed around like they did in Game 3, but the offence went dry.

The result was a 3-1 loss in



The Flames' Michael Ferland, right, and David Jones check the Canucks' Luca Sbisa on Tuesday night at the Scotiabank Saddledome. JEFF MCINTOSH/THE CANADIAN PRESS

Game 4. The Canucks now trail the best-of-seven series 3-1.

The issues are numerous.

Eddie Lack was pulled after allowing three goals on seven shots in the first period. On the third goal, Lack slid too far to his left, opening up room on the

blocker side. Enter Ryan Miller, who had previously started one game since an injury in late-February.

Once near the top of the league during the regular season, Vancouver's penalty kill, missing two important mem-

bers in Burrows and Brad Richardson, faltered even lower in this series, allowing two goals against in the first period.

And discipline, something the Canucks preached before the series began, was again lacking.

Fifty seconds after Henrik

Sedin tied the game in the first period, Nick Bonino was called for swatting at T.J. Brodie, resulting in a minor penalty and Calgary's go-ahead goal from Jiri Hudler just 18 seconds later.

Head coach Willie Desjardins' deployment of the Sedin twins,

+ INJURY NOTE

Burrows hospitalized after morning skate

Canucks forward Alex Burrows did not play in Game 4 after leaving Tuesday's morning skate and being taken in an ambulance to hospital shortly after.

The Canucks said via Twitter that Burrows suffered an upper-body injury during the skate and that no other medical issues were involved.

Just before puck drop, the club stated the veteran forward was expected to be released from hospital later in the evening.

Daniel and Henrik, has been widely dissected and criticized through four post-season games.

It didn't take long before Twitter lit up with much of the same for Desjardins putting McMillan in the lineup, along with Vey, instead of Baertschi.

A trade deadline pick-up, Baertschi was once a prospect in the Flames organization but it didn't work out there and he was dealt to Vancouver.

Baertschi was, a few weeks ago, well aware of a possible Flames-versus-Canucks match-up. He was looking forward to it, too.

When the Canucks needed another offensive mind, capable of creating scoring chances, Baertschi, perhaps with added individual incentive, wasn't on the ice or on the bench.

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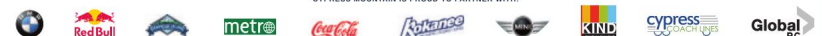
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Toronto in trouble

NBA PLAYOFFS

Raptors now must win four of next five to top Wizards

Bradley Beal poured in 28 points to lift the Wizards to a 117-106 victory over Toronto on Tuesday, sending Washington home with a 2-0 playoff series lead over the struggling Raptors.

John Wall added 26 points and 17 assists.

Lou Williams and DeMar DeRozan led Toronto with 20 points apiece, Williams' coming a day after he earned the NBA's Sixth Man Award. Jonas Valanciunas had 15 points and 10 rebounds and Patrick Patterson finished with 15.

But the Raptors were hamstrung by another horrible night from all-star point guard Kyle Lowry, who finished with just six points and four assists, and sat large chunks of the game in foul trouble.

On the heels of a dreadful shooting performance in a

GAME 2 Tuesday night



93-86 Game 1 loss, the Raptors knew Tuesday that they would be better. Problem was, Washington was as well. Much better.

The Raptors raced out to a 10-point lead and looked strong through the first quarter. But the Wizards roared back, and led 97-75 heading into the fourth quarter in front of a disgruntled crowd at the Air Canada Centre that included popular rapper Drake.

There were thousands more unhappy fans outside, who braved the blustery weather to watch the game on the big screen in Toronto's Maple Leaf Square.

The series has had drama



Raptors star point guard Kyle Lowry, keels over in pain against the Washington Wizards in Game 2 of their first-round playoff series Tuesday night in Toronto. THE CANADIAN PRESS

since before the first ball was thrown up with Paul Pierce saying the Raptors didn't have the "it" factor.

Beal waded into the fray Tuesday night in a halftime

television interview.

"They think that we're some punks," Beal said. "They think they can push around. But we're not rolling."

THE CANADIAN PRESS

NHL PLAYOFFS

Mrazek helps Wings take down Tampa

Petr Mrazek made 22 saves for his first post-season shut-out, and Pavel Datsyuk, Riley Sheahan and Luke Glendening scored for Detroit in a 3-0 victory over the Tampa Bay Lightning on Tuesday night that gave the Red Wings a 2-1 lead in their playoff series.

The 23-year-old Mrazek was coach Mike Babcock's choice to start in this series instead of Jimmy Howard, and the youngster has acquitted himself well

in his post-season debut.

He made 44 saves in a 3-2 victory in the opener, and although he was pulled after two periods in a 5-1 loss the following game, Mrazek bounced back nicely at home.

After being outshot badly in the first two games at Tampa Bay, the Red Wings were able to contain the high-scoring Lightning on Tuesday in a tightly contested matchup.

THE ASSOCIATED PRESS

IN BRIEF

Backstrom's brilliance evens series for Capitals

Nicklas Backstrom scored 11:09 into overtime to lift the Washington Capitals to a 2-1 victory on Tuesday, and even their first-round playoff series against the New York Islanders. Alex Ovechkin also scored and assisted on the decisive goal, which came off a face-off to the right of the Islanders net. Backstrom dug the puck out in the right corner

and worked his way up the boards. He snapped a shot near the blue line that went through a crowd and sneaked inside the far post. Casey Cizikas scored for the Islanders as the series shifts to Washington for Game 5 on Thursday. It was the second consecutive game decided in overtime, after John Tavares needed 15 seconds to seal the Islanders' 2-1 win on Sunday.

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RECIPE Italian Grilled Chicken Sandwiches with Pesto-Cheese

EAT LIGHT AT HOME

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Ready in

Prep time: 20 minutes

Cook time: 5 minutes

Ingredients

Serves 6

- 2 Tbsp pesto
- 2 Tbsp light mayonnaise
- 1/3 cup smooth ricotta cheese
- 3 Tbsp light cream cheese, softened
- 1/3 cup crumbled goat cheese (about 1 1/2 oz)
- 1 whole Italian round loaf of bread (about 1 1/4 lb; about 12 inches across)
- 8 oz skinless boneless chicken breasts (about 2 breasts), pounded flat
- 1 roasted red pepper, thinly sliced
- 2 cups shredded romaine lettuce
- 2 medium plum tomatoes, sliced and seeded
- 1/3 cup diced red onion
- 1/3 cup chopped black olives
- pinch of salt and pepper

Directions

1. To make the pesto-cheese sauce: combine the pesto, mayonnaise, ricotta, cream cheese and goat cheese in a food processor and purée until smooth.

2. Cut the loaf of bread in half horizontally and pull out as much of the bread as possible, leaving only the crust.



3. In a nonstick grill pan or skillet lightly coated with cooking spray, cook the chicken breast just until no longer pink, about 5 minutes. Cool, then slice thinly.

4. Spread the pesto-cheese sauce over both the bottom and the top half of the loaf. Layer the bottom half with the chicken, roasted red pepper strips, lettuce, tomatoes, onion, olives, salt and pepper. Top with the top half of the loaf and cut into 6 sandwiches.

Nutritional information per serving (1 sandwich)

- Calories 345
- Protein 17 g
- Carbohydrates 53 g
- Fibre 4.5 g
- Total fat 8.3 g
- Saturated fat 3.7 g
- Cholesterol 20 mg
- Sodium 560 mg

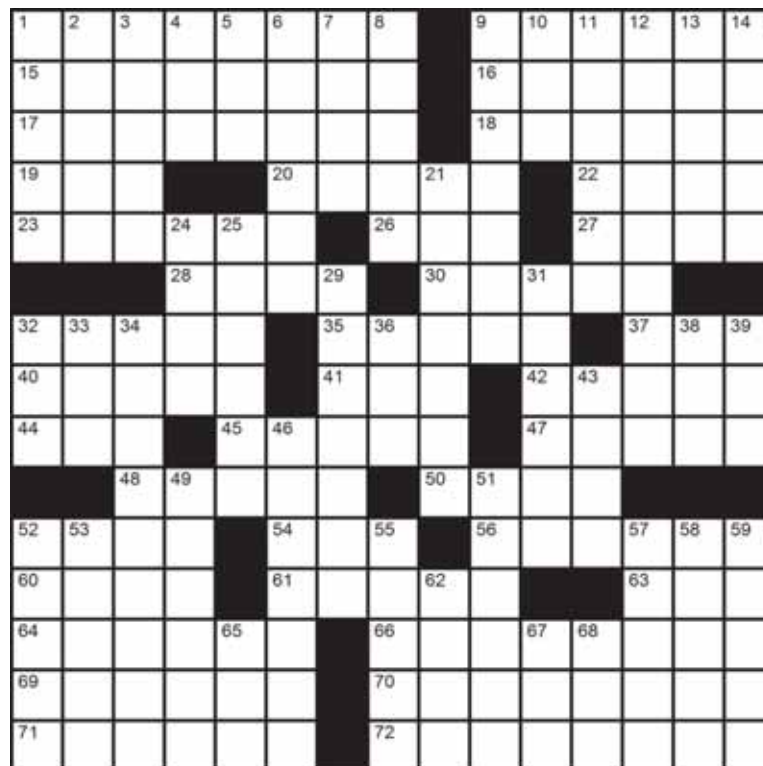
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. April 22nd since 1970: 2 wds.
9. Hip-Hop label: 2 wds.
15. South Africa's administrative capital
16. Like Seth Meyers' show: 2 wds.
17. Dependable/valiant
18. Someone doing repo work
19. Petroleum
20. Complaints
22. Russian ruler
23. Alcoholic drink of Mexico, variably
26. Six: Italian
27. Ms. Perry
28. 'Pseud' suffix
30. Within the law
32. Think something is groovy again
35. Extreme
37. Sporty bike
40. Greenland town with an American airbase
41. ___-for-tat
42. Second 'R' of J.R.R. Tolkien
44. Tom Clancy subs novel
45. Tenor, Helmut ___
47. Joy of Cooking author, ___ Rombauer
48. Sweden's money
50. Whispery word
52. Mythical Hun king
54. Canada Revenue Agency's acronym, in French
56. Hubby's spouse, e.g.: 2 wds.



60. Believability/reputation, briefly
61. Hamilton-born actress Ms. Katic
63. "Am ___ next?" (Performer's query)
64. Delinquent in duty
66. Spring clothing hue: 2 wds.
69. "Forward!", in

- Florence
70. Bryan __, Canadian host on HGTV
71. Overly-feasts
72. Terminus: 2 wds.

DOWN

1. ___ Downs (Horse racecourse in England)

2. Bandleader Mr. Shaw
3. "For ___?" (Are you serious?, slang-style)
4. Sum, shortly
5. What way?
6. In a dullsville manner
7. 'Million' suffix
8. 'Harry Potter' mov-

- ies director David
9. Personnel record
10. Mariner's dir.
11. "My Friend ___" (TV Western of the 1950s)
12. Output for Canadian musician Kirk MacDonald: 2 wds.
13. Bothered: 2 wds.

14. Jolly
21. ___ marker
24. Spring
25. Shakespeare: Measure for Measure antagonist
29. ___ Conservatory (Edmonton's horticulture-attraction-in-pyramids)
31. Gaudy
32. Some CFL linemen [abbr.]
33. Bob & Doug sounds
34. Brian ___ (American stand-up/host/actor)
36. Aglow
38. Justin Timberlake's "Cry ___ River"
39. Clothing sizes, e.g.
43. Single-named Ziegfeld Follies designer
46. Jackie Kennedy's married name in 1968
49. Manitoba: ___ Mountain National Park
51. ___ off (Averted)
52. Behaving like ___ (Grouch's pastime)
53. Famed fountain in Rome
55. "Now it ___ told."
57. ___ Vanilli
58. Cathedral city in northern France
59. Hagar the Horrible's dog
62. Flatbread choice
65. Canonized Mlle.
67. "Bingo."
68. Canuck financial inst.

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

Just because someone seems to know what they are talking about does not mean you have to trust them - especially when it is your money that is on the line. Make sure you know the risks involved before signing up to anything today.

♉ Taurus April 21 - May 21

You will have plenty to say for yourself today and as far as some people are concerned you are saying too much. But that's too bad because you have kept your thoughts to yourself long enough - now you intend to make up for lost time.

♊ Gemini May 22 - June 21

Mercury, your ruler, links nicely with both Mars and Pluto today, so chances are you will be assertive in the extreme. Just be careful you don't create confrontations where none need to exist.

♋ Cancer June 22 - July 23

You have every right to believe what you believe and you must make sure others know that. You must also let them know that you have no intention of changing your viewpoint.

♌ Leo July 24 - Aug. 23

People expect you to be bold and brash, so don't let them down. But don't be too enamoured of your own brilliance or you may put them off. If you want to impress important people you need to get the right balance between ambition and humility.

♍ Virgo Aug. 24 - Sept. 23

You can expect something wonderful to happen today. Most likely news from afar will inspire you to believe that the good days are back at last and it won't be long

before there is even more evidence of that. Start planning your next vacation.

♎ Libra Sept. 24 - Oct. 23

You know exactly what you should be doing, even though you might find it hard to explain to others why you are doing it. But don't let it worry you. Partners and loved ones will soon see there is method in your apparent madness.

♏ Scorpio Oct. 24 - Nov. 22

Put others first today and don't worry if, in doing so, you fall behind in your schedule. Mercury in your opposite sign means you can easily persuade work colleagues to help you catch up later on.

♐ Sagittarius Nov. 23 - Dec. 21

Like it or not you will have to follow the rules today, because if you deviate from what others think is permissible you could

get yourself in a whole load of trouble.

♑ Capricorn Dec. 22 - Jan. 20

The Sun and Mars are all working in your favour at the moment, so decide what it is you most want to accomplish then go all out to make it happen. Affairs of the heart are also well starred.

♒ Aquarius Jan. 21 - Feb. 19

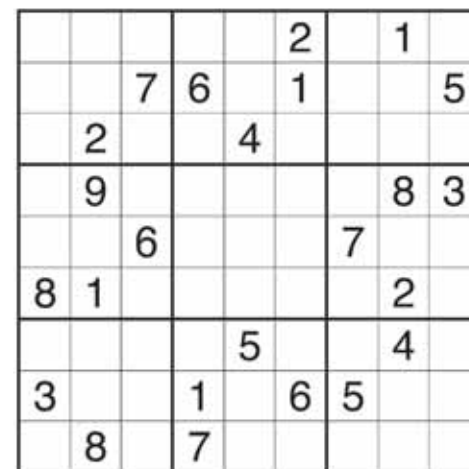
You will have words with a friend today and those words may have to be harsh. The fact is they have stepped over the line and need to be reminded they have obligations that cannot be ignored.

♓ Pisces Feb. 20 - March 20

Make sure your opinions are heard over the next 24 hours, because if you don't speak up you could find that matters you have an interest in move in a direction you don't want them to go.

CONCEPTIS SUDOKU by Dave Green

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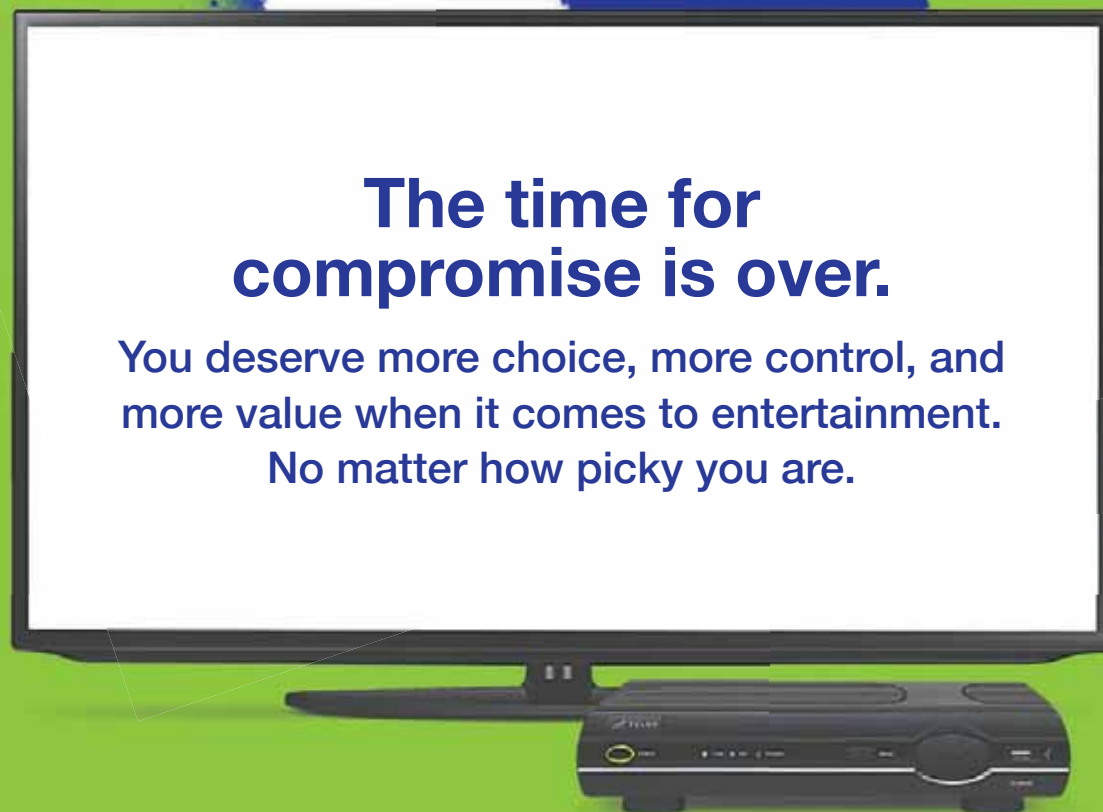
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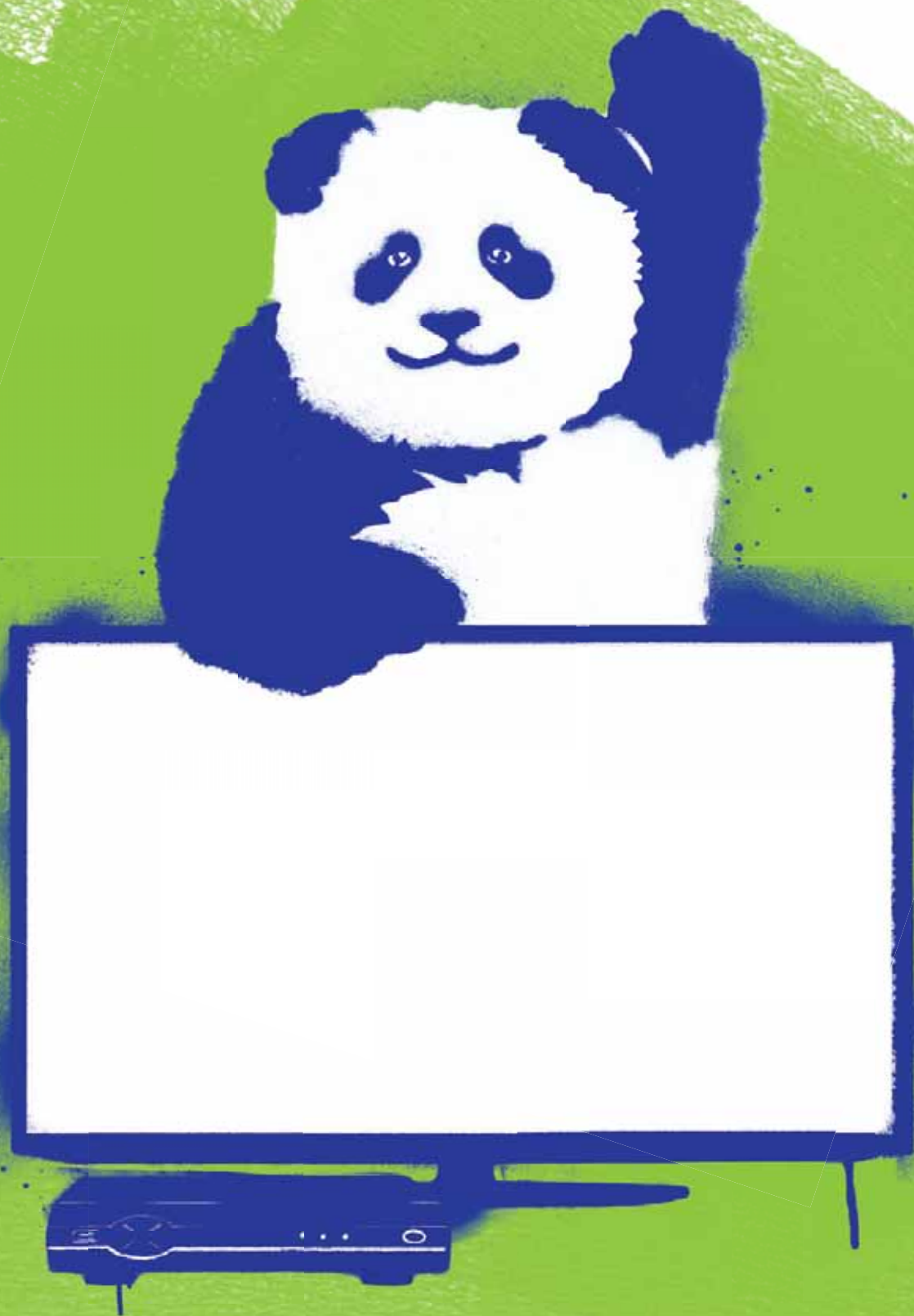


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